



Chicken and Steak Fajitas

 Dairy Free

READY IN



310 min.

SERVINGS



6

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup agave nectar
- 1 tablespoon chili powder
- 12 ounce flank steak
- 6 servings flour tortillas warmed
- 3 cloves garlic minced
- 0.5 teaspoon kosher salt for seasoning
- 2 large lime zest juiced
- 0.3 cup olive oil extra-virgin

- 0.5 cup orange juice
- 1 tablespoon oregano dried
- 2 chicken breasts boneless skinless
- 2 large chicken thighs boneless skinless

Equipment

- bowl
- sauce pan
- grill
- grill pan

Directions

- Watch how to make this recipe.
- In a small bowl, combine the orange juice, olive oil, lime juice, lime zest, agave nectar (or brown sugar, if using), garlic, oregano, chili powder, and 1/2 teaspoon salt.
- Pour the mixture into a 1-gallon-size resealable bag.
- Add the chicken breasts, chicken thighs and steak and refrigerate for 4 hours, turning the meat occasionally. Put a grill pan over medium-high heat or preheat a gas or charcoal grill.
- Remove the meat from the bag and season with salt. Reserve the marinade.
- Grill the chicken breasts for 6 to 8 minutes on each side and the chicken thighs for 8 to 10 minutes on each side or until cooked through. Grill the steak for 5 to 6 minutes each side for medium-well. Allow the meat to rest for 10 minutes before slicing.
- Meanwhile, put the marinade in a small saucepan and bring to a boil over medium-high heat (in order to kill any bacteria). Boil for 5 minutes until slightly thickened. Slice the meat into 1/4-inch thick pieces and put into serving bowls.
- Pour the cooked marinade over the meat and toss until coated.
- Serve the meat in warm tortillas.
- In a small bowl, combine the orange juice, olive oil, lime juice, lime zest, agave nectar (or brown sugar, if using), garlic, oregano, chili powder, and 1/2 teaspoon salt.
- Pour the mixture into a 1-gallon-size resealable bag.

- Add the chicken breasts, chicken thighs and steak and refrigerate for 4 hours, turning the meat occasionally. Put a grill pan over medium–high heat or preheat a gas or charcoal grill.
- Remove the meat from the bag and season with salt. Reserve the marinade.
- Grill the chicken breasts for 6 to 8 minutes on each side and the chicken thighs for 8 to 10 minutes on each side or until cooked through. Grill the steak for 5 to 6 minutes each side for medium–well. Allow the meat to rest for 10 minutes before slicing.
- Meanwhile, put the marinade in a small saucepan and bring to a boil over medium–high heat (in order to kill any bacteria). Boil for 5 minutes until slightly thickened. Slice the meat into 1/4–inch thick pieces and put into serving bowls.
- Pour the cooked marinade over the meat and toss until coated.
- Serve the meat in warm tortillas.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:7.53, Inflammation Score:-8, Nutrition Score:19.691738999408%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 12.07mg, Hesperetin: 12.07mg, Hesperetin: 12.07mg, Hesperetin: 12.07mg Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 389.42kcal (19.47%), Fat: 17.12g (26.33%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 25.47g (9.26%), Sugar: 9.6g (10.67%), Cholesterol: 93.91mg (31.3%), Sodium: 545.39mg (23.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.04%), Selenium: 44.77µg (63.96%), Vitamin B3: 11.28mg (56.42%), Vitamin B6: 0.9mg (45.25%), Phosphorus: 341.02mg (34.1%), Vitamin C: 19.34mg (23.44%), Zinc: 3.26mg (21.7%), Vitamin B1: 0.29mg (19.6%), Iron: 3.2mg (17.79%), Vitamin B2: 0.3mg (17.56%), Vitamin K: 18.26µg (17.39%), Potassium: 569.62mg (16.27%), Vitamin E: 2.41mg (16.06%), Vitamin B5: 1.51mg (15.11%), Vitamin B12: 0.83µg (13.87%), Manganese: 0.26mg (13.05%), Folate: 51.71µg (12.93%), Magnesium: 45.85mg (11.46%), Fiber: 2.58g (10.34%), Vitamin A: 482.48IU (9.65%), Calcium: 91.35mg (9.13%), Copper: 0.15mg (7.58%)